

BEHAVIORAL HEALTH SERVICES



PROGRAM DESCRIPTION

WTC Behavioral Health Services (BHS) provides support to WTC consumers and other DORS consumers referred by their counselors who want support to maintain a healthy recovery lifestyle as they work toward employment and self-sufficiency. These services can be provided either in person or remotely.

While consumers are not required to meet any pre-determined criteria (such as an abstinence timeframe) to participate in BHS, they must demonstrate a commitment to the recovery process. Consumers experiencing withdrawal symptoms or with moderate-to-severe substance use will be assessed for their readiness to participate in WTC programs and may receive a referral for treatment.

SERVICES INCLUDE:

- **Addictions Assessment** to determine substance use, including drug testing.
- **Behavioral Health Screening** to assess for behavioral addictions and co-occurring (substance + behavioral health) disorders.
- **Behavioral Health Counseling**, including coping strategies, general support, and referrals for additional services.
- **Behavioral Health Education** provided to WTC career training and Work Readiness classes on topics such as:
 - Stress Management for the Workplace
 - Work-Life Balance
 - Employment Drug Testing: Passing the Test
- **Behavioral Health Consultation**, including a review of case history related to substance use or co-occurring disorders for guidance, referral or to provide a written report to support the consumer's employment plan.

WTC is a drug-free environment. Consumers found to possess alcohol or illegal substances on the premises may be discharged.

If you are already receiving DORS services and have questions, contact WTC BHS at 410-554-9335 or 410-554-9130 for more information.

www.dors.maryland.gov

